Shaking up the family

The latest Canadian census shows the nuclear family has gone the way of the dinosaurs

PAGES 2, 4-5

Pretty in punk

Anti-establishment designer Vivienne Westwood tones it down with feminine florals at London Fashion Week PAGE 10

REGINA metro®

Thursday, September 20, 2012

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The big reveal: Stadium concept design unveiled

Evraz Place site. Riders' new 33,000-seat home will feature a sunken bowl configuration

ROB BROWN
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The City of Regina unveiled plans Wednesday for a new 33,000-seat stadium and more than 20 years of future neighbourhood revitalization.

Deputy city manager and chief financial officer Brent Sjoberg outlined basic concept plans while also revealing a website, reginarevitalization.ca, where the public can learn more about the longer-term aspects of the project.

"There is a lot of information and we want to make sure people understand how all the pieces fit together," he said.

Sjoberg outlined three parts to the Regina Revitalization Initiative — renewal of Regina's rail-yard area, the stadium, and creation of a new Taylor Field neighbourhood.

Sjoberg said some of this was right around the corner, while other plans were years away from reality. "We plan to demolish Mosaic in 2017/18," he said.

He also said that requests for qualifications and then proposals for stadium construction would take until November 2013.

Evraz Place vice-president Neil Donnelly said he expected the new stadium would have parking for 3,000 cars.

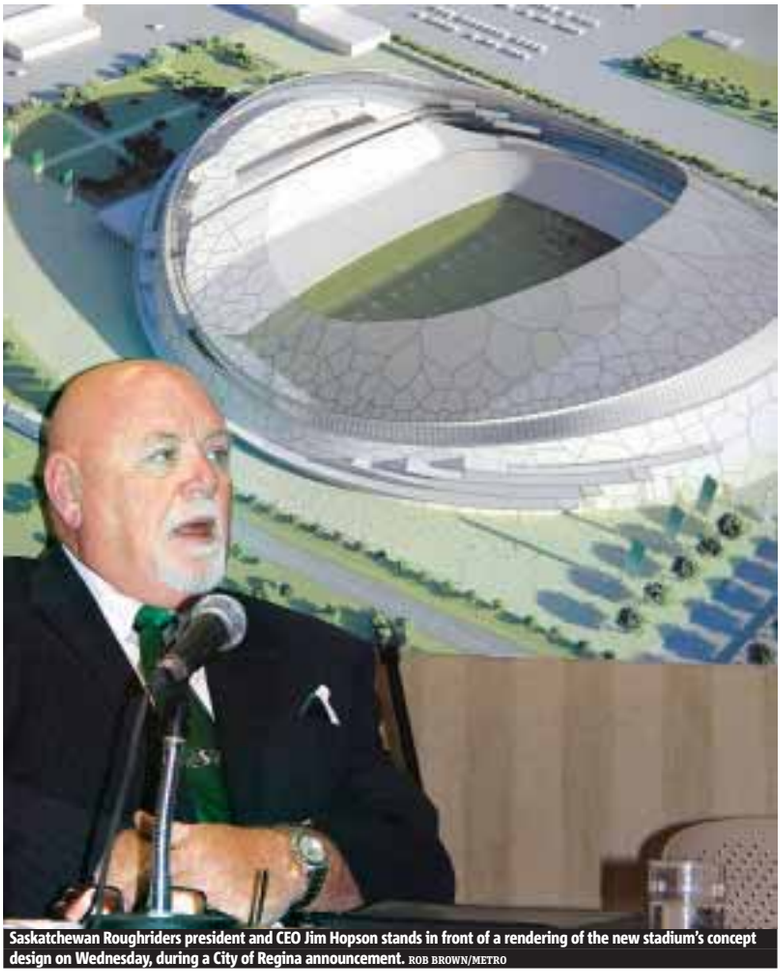
Concept designer Dipesh Patel said the Evraz Place site was ideal for the stadium. "There are good connections to the site. It looks to the city, it looks to the region."

To see more concept design images, visit metronews.ca

Concept details

- The stadium-seating concept means fans will be closer to the action, and that fewer fans will be seated in the end zones.
- Large concourses with field views are planned. Restaurants, lounges, party decks and suites will also be included.
- The early cost estimate is $278 million.
- The Riders plan on being in the new stadium for the 2017 football season.

A view of the concept for the new stadium, looking toward the city. On Wednesday, concept designer Dipesh Patel said the Evraz Place site was ideal for the structure. REGINA REVITALIZATION INITIATIVE



Saskatchewan Roughriders president and CEO Jim Hopson stands in front of a rendering of the new stadium's concept design on Wednesday, during a City of Regina announcement. ROB BROWN/METRO

NEWS 1

Single fathers on the rise in Saskatchewan

A dad's take. One man says if it wasn't for his support network, being a single dad would be a 'nightmare'

CARRIE-MAY SIGGINS
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According to census data released Wednesday, the number of single parent families in Saskatchewan is on the rise — with a significant increase in the number of single fathers.

Comedian and single dad Jayden Pfifer, 32, calls it "the delicate dance" — ex-partners trying to work together to accommodate both their kids' and their own schedules.

"There are a lot of mundane challenges of being a single father," says Pfifer. "Like scheduling. But you get used to it really quickly," he says.

Pfifer, who resides in Regina, is one of the 10,610 single dads in the province — an increase of nearly 15 per cent since 2006, the last time the census was taken.

The report indicates that the number of single parent families grew 6.7 per cent, representing 16.4 per cent of families in Saskatchewan. The national average is 16.3 per cent, up 5.5 per cent from 2006.

James Deck, from Saskatoon, says that he relies on help from others.

"If I didn't have a good support network — if I didn't have a good family, I imagine it would be a nightmare," says Deck.

WITH FILES FROM JANE CAULFIELD

Time apart

Toughest part of being a single dad

The biggest challenge for James Deck and Jayden Pfifer as single dads is not being able to see their children whenever they want.

"When you're married, you're at home with your family.

"But (when you're single,) when it's not your time to have him, it's not your time. You don't get to see your son," says Pfifer.

However, he says it's all worth it.

"In the end I have this amazing kid that I get to spend tons of time with and that is worth any extra struggle."

METRO

University of Saskatchewan professor given Diamond Jubilee Medal

Dr. Charles M. (Red) Williams, professor emeritus at the University of Saskatchewan's department of animal and poultry science, receives the Queen Elizabeth II Diamond Jubilee Medal on Wednesday from Saskatchewan's Lieutenant Governor, Vaughn Solomon Schofield, at the Delta Bessborough hotel in Saskatoon. Williams was honoured for his service in the agricultural community, not only in Saskatchewan, but across Canada and internationally with his many development projects. MORGAN MODJESKI/METRO IN SASKATOON

Mobile news

Watch three filmmakers journey into hell. Scan the code to see "mind-boggling" footage of a lava-spewing volcano.

Deal. Agreement puts spotlight on aboriginal children in foster care

A letter of understanding has been signed between the Federation of Saskatchewan Indian Nations and the province's children's advocate to deal with a high number of aboriginal children in foster homes.

Part of the agreement involves keeping families together, as well as allowing relatives to have more contact with foster children.

The federation says it will continue to push the province to boost support to families on reserves that need help.

The letter of understanding comes after a review panel recommended in 2010 that fundamental changes be made to the foster-care system.

THE CANADIAN PRESS
WITH FILES FROM CJLR/CBC

Likely cause

Speed, alcohol behind crash: Cops

Excessive alcohol and speed are thought to be the cause of a highway fatality near La Loche, Sask., police said.

On Sept. 18, RCMP responded to a report of a single-vehicle rollover three kilometres north of La Loche.

A blue Chevy Cavalier was travelling southbound when it rolled over into a ditch. The driver of the Cavalier died as a result of the rollover. METRO

Speeding. Police, province launch safety blitz after highway worker killed

RCMP and the Saskatchewan government are trying to put the brakes on speeders in construction zones after a young worker was killed last month.

Highways Minister Don McMorris says Mounties will begin traffic enforcement blitzes in the busiest orange zones.

It is expected to cost about $15,000 in overtime for officers until the end of this construction season.

McMorris says about 175 tickets are issued each year in orange zones, but he adds more needs to be done to address the issue of speeding.

An 18-year-old woman who was working as a flag person was hit by an SUV in a construction zone in August.

THE CANADIAN PRESS

Sask. man keeps his eye on Mars

Following the water. Local geologist and civil engineer asked to look for signs of life on the red planet

ROB BROWN
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A Regina man has surveyed across Canada, every continent and beyond — in fact, he's had a hand in looking for life on Mars.

Jack Mollard, 88, a civil engineer and geologist, has more than 65 years of engineering, geological, satellite image interpretation, and terrain mapping experience. By the mid-1990s he found himself interpreting pictures of the red planet.

"I was initially asked to see if there was life on Mars, or if there were indications of life on Mars. It's still a big thing now," he says, referencing the Aug. 6 landing of the Mars rover Curiosity.

Mollard says his work with the United States Geological Survey (USGS) and NASA came about by happenstance.

"I put together an atlas in the '70s of 680 3D air photos of Earth landforms for an interpretation manual," he said.

"Someone in the USGS in Virginia got ahold of it, gave me a call and we started trading pictures."

When Mollard began looking for life on Mars, he took an Earthly approach.

"You follow the water. I started looking for evidence of water. Now it is a cold desert planet, but it wasn't always," he says, adding Mars' topography dwarfs Earth's when it comes to sizes of peaks and valleys.

"You could lose 10 or more Grand Canyons in this valley," he says motioning to a map of Mars in his office in downtown Regina.

He says a few phone calls were exchanged between his office, USGS and NASA earlier this summer when Curiosity landed on Mars.

Anybody out there?

Mollard says he has an answer to the question David Bowie has been asking since the '70s — is there life on Mars?

- "Perhaps, four billion years ago. When it may have been warmer and wetter," he says.

Jack Mollard works through thousands of maps and photos in his Regina office. His work examining air photos of landforms on Earth led to his being called by the USGS and NASA to help look for life on Mars. ROB BROWN/METRO

Beer and science make for one strange brew

The first installment of the Science Pub Series at the Bushwakker Brewpub takes place Thursday at 7 p.m. JEFF MACKEY/METRO

It's a discussion that has stumped beer drinkers and thinkers for centuries.

"People debate whether wandering tribes and family groups settled down to start farming — or to produce beer," says Bev Robertson.

Thursday will mark the first Science Pub of the season at the Bushwakker Brewpub. The event is in its second year and is hosted by the Bushwakker and the University of Regina.

Robertson, who is a professor emeritus of physics at the University of Regina and the founder of the brewpub, will speak at the event Thursday. Attendees will be treated to beer, Robertson's lecture, as well as a discussion.

Robertson said he'd been reading about the emerging phenomenon of Science Pubs on various beer blogs for some time.

"I decided if it were to reach Regina, given my background, it would be a bit embarrassing if someone else did it before we did."

Robertson will speak about the mysterious relationship between brewing and science for a crowd of about 50 beer and science enthusiasts.

"I'll be discussing such world-shaking questions as why do bubbles go down in Guinness," said Robertson. "These are the kinds of things that are a little more whimsical but probably a bit more fun than a dry lecture on the best way to make beer."

Science Pub will be hosted at the Bushwakker every third Thursday of the month at 7 p.m.

JEFF MACKEY/METRO

Quoted

"I'll be discussing such world-shaking questions as why do bubbles go down in Guinness.... These are the kinds of things that are a little more whimsical but probably a bit more fun than a dry lecture on the best way to make beer."

Bev Robertson, professor emeritus of physics at the University of Regina and founder of the Bushwakker Brewpub

When and where

- Science Pub will be hosted at the Bushwakker every third Thursday of the month at 7 p.m.

Industry troubles

Pork industry may need direct government cash: Sask. group

Prairie farm groups are calling for help for the struggling hog industry.

Manitoba's Keystone Agriculture producers is seeking $130 million in government loan guarantees.

But the Agricultural Producers Association of Saskatchewan says the industry may need some direct government cash to stay in business.

Saskatchewan-based Big Sky Farms, Canada's second-largest hog producer, filed for bankruptcy last week because of low prices and rising costs.

Manitoba's third-largest hog producer, Puratone, has filed for bankruptcy protection. THE CANADIAN PRESS

In the running. Here are your mayoral candidates

Regina's mayoral candidates are now officially in the race, as yesterday marked the final day of nominations for the Oct. 24 civic election. Here are the nine candidates who will be in the running:

Liz Brass: Doctoral psychologist and vice-president of Brass Homes Ltd.

Tom Brown: Has filled a number of occupations, and believes his biggest contributions to the city are in housing, daycare and education.

Marian Donnelly: Owner of Inner Circle Management.

Jim Elliot: Environmentalist and adviser to the city on committees for at least 13 years.

Michael Fougere: President of the Saskatchewan Construction Association; he has worked on city council for the last five terms.

Chad Novak: Certified management accountant.

Meka Okochi: Vice-president with Regina's economic development and tourism agency, where he leads the economic development team.

Tim Siekawitch: City employee, wants to conduct a forensic audit on city hall if elected.

Charles Wiebe: Former bus driver and employee of a charitable organization.

For more election coverage, go to metronews.ca. METRO

Families

9.4M

Canada was home to 9,389,700 "census families" — married or common-law couples, or single parents — in 2011, 5.5 per cent more than in 2006.

Common-law couples

16.7%

For the first time, there were more common-law couples in Canada — 16.7 per cent of all census families — than single-parent families, at 16.3 per cent.

Same-sex couples

42.4%

Same-sex marriage nearly tripled as same-sex couples grew by 42.4 per cent. Same-sex common-law couples grew 15 per cent, compared with 13.8 per cent for opposite-sex common-law couples.

Single parents

8%

Single fathers grew by 16.2 per cent, compared with six per cent for single mothers, as lone-parent families grew eight per cent since 2006. Single mothers still constitute 80 per cent of single-parent families.

Stepfamilies

12.6%

Stepfamilies, counted for the first time in 2011, composed 12.6 per cent of Canada's 3.7 million couples with children. Nearly 60 per cent were "simple" stepfamilies: families in which the children are the biological or adopted offspring of only one parent.

Foster children

29.5K

The census counted 29,590 foster children aged 14 and under living in private households.

Empty nesters

44.5%

The number of couples without children at home (44.5 per cent) continued to outpace those couples with kids living at home (39.2 per cent).

Exclusively online

- Find out where Canada's highest proportions of single women and men are, the city with the largest number of same-sex marriages and more about your area on our interactive map at metronews.ca

From same-sex couples and single dads to foster kids and empty nesters, the "new normal" of the Canadian family is as diverse as the country itself, Statistics Canada reports. THE CANADIAN PRESS/TORSTAR NEWS SERVICE

GROUNDSHIFT FOR THE

2011 census. There's no such thing as a 'typical' Canadian family, a new report from Statistics Canada shows

The nuclear family is no longer the norm in Canada.

The mom-pop-and-three-kids-under-one-roof model that typified Canadian households of 50 years ago has morphed into a complex and diverse web of family ties involving living alone, remarriage, stepchildren, empty nesters and several generations sharing a home.

Statistics Canada has released the third tranche of new data from its 2011 census, this time portraying the changes in Canadian families and living arrangements over five decades.

Married couples are in a long-term decline, the number of single parents has risen and the size of families has shrunk. In 1961, the average family was 3.9 people, when the baby boom was in full swing. Now it's 2.9.

"We do see more complexity and definitely more diversity in families," Statistics Canada demographer Anne Milan said.

For the first time, Statistics Canada says there are more people living alone in Canada than there are couples with children. One-person households now make up 27.6 per cent of all homes, a three-fold increase since 1961.

Meanwhile, couples with children have continued their decline, down to 26.5 per cent of all households, from 28.5 per cent in 2006.

Just 10 years ago, couples with children under 24 years old made up 43.6 per cent of all families (not including one-person households), by far the most typical kind of family.

Now, parents with children make up just 39.2 per cent of families, and a rising proportion of those parents are not officially married.

For the first time, Statistics Canada zeroed in on children living in foster homes and blended families. In a national count of foster children, the agency revealed there were 29,590 of them under the age of 14 in 2011. A measure of the number of stepfamilies showed that one in 10 children now lives in some sort of blended family.

In 2011, the most typical family was a couple with no children, continuing a pattern spotted in 2006. Statistics Canada found that 44.5 per cent of families have no kids at home, partly reflecting the aging of the baby-boomer bulge, the leading edge of which has started turning 65.

"The modern family is changing, and I think it's a wonderful thing," said Shannon Kennedy, an Ottawa-based wedding planner who finds herself on the front lines of fluctuating living arrangements on a daily basis.

"The rules of a nuclear family just don't apply any more."

The wide variety of family ties is throwing Kennedy for a loop. Emily Post, the guru of etiquette for most of the 20th century, is no longer of much help, she said.

"You don't necessarily have two families. In some cases, you have four families coming together at a wedding.

"Any scenario where you get more than one mom involved, you have to kind of juggle that," she said with a chuckle.

"The best thing about modern weddings is, there are no rules."

THE CANADIAN PRESS

FAMILY

FAMILIES BY PROVINCE

	CENSUS FAMILIES	% MARRIED	% COMMON LAW	% LONE PARENT	AVG. # KIDS AT HOME	% PEOPLE LIVING ALONE
CANADA	9,389,700	67.3	16.7	16.3	1.8	27.6
N.L.	159,385	71.7	12.9	15.3	1.6	22.2
P.E.I.	40,850	72.7	11.2	16.1	1.7	25.1
N.S.	270,065	68.4	14.2	17.4	1.7	27.9
N.B.	224,560	67.9	14.0	18.1	1.6	26.0
QUE.	2,203,630	63.8	21.4	14.8	1.7	32.2
ONT.	3,612,205	72.1	10.8	16.1	1.8	25.2
MAN.	327,875	71.2	13.8	15.1	1.9	28.2
SASK.	285,370	71.1	12.5	16.4	1.9	27.9
ALTA.	999,530	72.8	13.6	13.5	1.8	24.7
B.C.	1,238,155	71.7	13.1	15.2	1.7	28.3
YUKON	9,330	68.4	20.1	11.4	1.7	30.7
N.W.T.	10,010	68.8	18.1	13.1	1.9	23.6
NUNAVUT	7,780	58.1	33.7	8.3	2.3	18.2

New census data from Statistics Canada prove there is no such thing as a "generic" Canadian family. The numbers have significant implications for policy makers and social scientists who design programs for foster children, stepkids, single mothers and fathers, senior citizens living alone, "boomerang kids" living with their parents and all the other variations of modern family life. THE CANADIAN PRESS

Adulthood, interrupted: 'Boomerang kids' are an ongoing trend: Census

It's the home-game grudge match of the 21st century: The baby boomers versus the boomerang kids. And the kids, it seems, are winning.

Canada's nests aren't quite as empty as they were thought to be, data from the 2011 census shows. Some 42.3 per cent of young adults aged 20 to 29 are living with their parents, down slightly from 42.5 per cent in 2006, but still well above the level of 26.9 per cent in 1981.

Christina Newberry was one of them — twice. First, when she was 21, newly graduated from university and trying to find her way in the world. Then again, eight years later, she went back to get her bearings in the midst of a divorce.

"My parents' house became a place to sort of take a chance to regroup and figure out what was next," said Newberry, a Vancouver-based author and freelance writer. "It wasn't even a financial issue, because by then I had a good job and could take care of my own bills. It was more just needing to figure out what to do next."

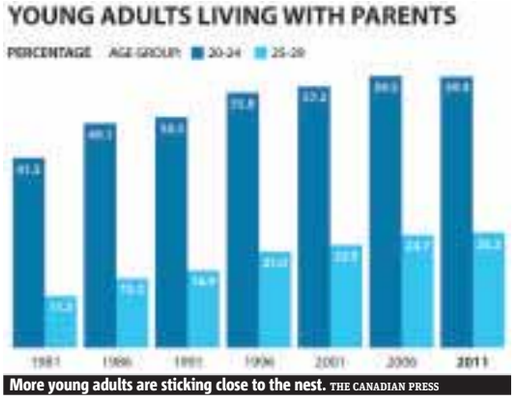
While many young adults in their early 20s stay at home while in college or university — mainly due to a lack of money — those closer to 30 who opt to return tend to do so after a traumatic moment in their lives, such as the breakup of a relationship or the loss of a job, Newberry said. They usually stay just long enough to get back on their feet.

Social attitudes toward young adults living with their parents are changing dramatically, said Rod Beaujot, a demography professor at the University of Western Ontario in London.

"There's the greater acceptability of living with parents when you're older — on the part of the parents, on the part of young people," Beaujot said.

"In the past, living at home was quite constraining on children, because they had to live under their parents' supervision. I think parents are much more open to children having their own life, including, of course, their own love lives, even if they're living at home."

THE CANADIAN PRESS



More young adults are sticking close to the nest. THE CANADIAN PRESS

Full house

The "failure-to-launch" phenomenon is alive and well in Canada, the 2011 census suggests.

- The census found 25.2 per cent of young adults between the ages of 25 and 29 living at home in 2011, up slightly from 24.7 per cent in 2006 — and more than twice the percentage in 1981.
- The number of young adults between the ages of 20 and 24 who lived with their parents remained virtually unchanged from the last census — down to 59.3 per cent in 2011 from 59.5 per cent in 2006.
- Young men are more likely than young women to live at home, Statistics Canada said. One possible reason, the agency suggested, could be because women tend to get into relationships earlier than men, so they move out sooner to start their own households.

Same-sex marriage. More gay couples exchanging wedding vows

Seven years after Ottawa gave its blessing to same-sex marriage, it's clear Canada's gay and lesbian couples have been seizing the wedding day.

Same-sex marriage nearly tripled between 2006 and 2011, while the number of same-sex couples jumped 42.4 per cent during the same five-year period, Statistics Canada says.

The agency counted 21,015 married gay and lesbian couples and another 43,560 in common-law relationships. The number is a sizable jump from the 2006 census, which counted same-sex couples for the first time and enumerated 45,350 of them — 7,465 married and 37,885 common-law.

Wider societal acceptance has likely played a role in the rising numbers, said demographer Rod Beaujot of the University of Western Ontario in London.

"It's become more acceptable for people to declare their relationships, including on the census," Beaujot said.

THE CANADIAN PRESS

Data glitch

Oops — just friends

An unexpectedly high number of same-sex marriages in places like the oilpatch left census-takers scratching their heads — until they realized many of the "couples" were only splitting the rent.

As a result, Statistics Canada said Wednesday, the agency may have overestimated by as many as 4,500 the number of same-sex married couples in parts of the country.

The agency held back some census data on gay and lesbian married couples when they realized they couldn't be certain if some people were married or just roommates.

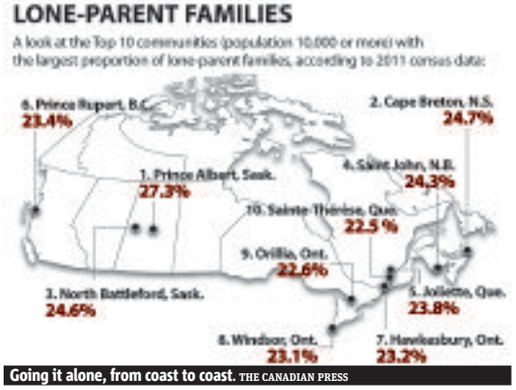
THE CANADIAN PRESS

Flying solo. Lone-parent families on rise, with more dads raising kids alone

More Canadians than ever — many of them fathers — are confronting the plight of the single parent in an age of economic uncertainty, the new census suggests.

The number of single parents jumped eight per cent between 2006 and 2011, including a 16 per cent spike in the number of single dads. Single mothers, who still constitute about 80 per cent of all single-parent families in Canada, rose by six per cent.

Lone-parent families represented 16.3 per cent of all census families in 2011, nearly twice the percentage 50 years ago. In 1961, roughly two-thirds of lone parents were widowed, and the rest were divorced or separated, with a small percentage never having been married. Now, half are either divorced or separated. THE CANADIAN PRESS


LONE-PARENT FAMILIES
A look at the Top 10 communities (population 10,000 or more) with the largest proportion of lone-parent families, according to 2011 census data:
6. Prince Rupert, B.C. 23.4%
2. Cape Breton, N.S. 24.7%
1. Prince Albert, Sask. 27.3%
4. Saint John, N.B. 24.3%
10. Sainte-Thérèse, Que. 22.5 %
9. Orillia, Ont. 22.6%
1. North Battleford, Sask. 24.6%
1. Joliette, Que. 23.8%
8. Windsor, Ont. 23.1%
7. Hawkesbury, Ont. 23.2%

Going it alone, from coast to coast. THE CANADIAN PRESS

Cheeky Charlie spooks France

Nation on alert. Mag's crude, lewd drawings of Muhammad force French to step up security at embassies across Muslim world

A feisty French satirical weekly forced France to step up security at its embassies across the Muslim world on Wednesday.

The paper, Charlie Hebdo brazenly revived a formula it has already used to capture attention: Publishing crude, lewd caricatures of Islam's Prophet Muhammad.

Wednesday's issue sparked concerns that France could face violent protests like the ones targeting the U.S. over a film produced in California that have left at least 30 people dead.

The Charlie Hebdo drawings — some depicted Muhammad naked and in demeaning or pornographic poses — were met with a swift rebuke by the French government.

The principle of freedom of expression "must not be infringed,'' Foreign Minister Laurent Fabius said on French radio. But he added: "Is it pertinent, intelligent, in this context to pour oil on the fire? The answer is no."

France ordered its embassies, cultural centres, schools and other official sites to close on Friday — the Muslim holy day — in 20 countries.

It also immediately shut down its embassy and the French school in Tunisia, the site of deadly protests at the U.S. Embassy last week.

Riot police took up positions outside the magazine's offices, which were firebombed last year after it released an edition that mocked radical Islam.

Anger over the film Innocence of Muslims has fuelled violent protests from Asia to Africa. In the Lebanese port city of Tyre, tens of thousands of people marched in the streets Wednesday, chanting: "Oh, America, you are God's enemy!"

THE ASSOCIATED PRESS

Pakistan embroiled in worldwide protests: A Pakistani lawyer helps a colleague who fell during a scuffle with police in an Islamabad demonstration on Wednesday. The demo followed three days of violence in Pakistan sparked by the U.S. anti-Islam video. ANJUM NAVEED/THE ASSOCIATED PRESS

Actress sues

First, riots... and now a lawsuit

An actress who appears in the anti-Muslim film that has sparked riots across the world is suing the filmmaker for fraud and slander.

Cindy Lee Garcia's lawsuit also targets Google in a bid to get the movie's trailer removed online.

The lawsuit filed Wednesday in Los Angeles claims the actress was duped by Nakoula Basseley Nakoula, the man behind Innocence of Muslims who has been forced into hiding.

The lawsuit says Garcia responded to an ad and thought she was appearing in an ancient Egyptian adventure film.

"The film is vile and reprehensible," Garcia's attorney, M. Cris Armenta, wrote in the document.

The film portrays the Prophet as a fraud, womanizer and child molester.

THE ASSOCIATED PRESS

South Africa

Wage agreement ends deadly mining strike

Lonmin Platinum's 28,000 miners celebrated a wage deal Wednesday that ended a deadly strike in South Africa.

At Marikana, the location of the protracted strike, thousands gathered and sang the national anthem in piercing heat.

Many workers said they were happy to return to work Thursday and glad the strike in which 45 people were killed has finally ended.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
102.62¢ (+0.01¢)

TSX
12,436.16 (+13.45)

OIL
$91.98 US (-$3.31)

GOLD
$1,771.70 US (+$0.50)

Black-market bonanza: Canadians dodge sales tax where they can

The vast majority of Canadians pay taxes each year, but a new survey suggests they are prepared to cheat at the margins if they think they can get away with it.

The survey for H&R Block Canada found 55 per cent of respondents saying that when dealing with a contractor, they would opt to pay cash to avoid sales taxes.

And they are not feeling overly guilty about it either.

Only 30 per cent said they thought the avoidance wrong.

Among young Canadians aged 18-34, only 17 per cent said it was wrong to avoid paying the sales tax.

The findings don't seem to be related specifically to sales taxes, which range from a low of 5 per cent in Alberta to a high of 15.5 per cent in Prince Edward Island.

A majority of Canadians believe they shouldn't have to declare bartered transactions, nor do they feel workers in the service industry like waiters and bartenders should need to declare tips as income.

"I think it boils down to people feeling they pay enough tax, that they shouldn't have to pay anymore," said Cleo Hamel, a senior tax analyst with H&R Block.

Another factor may have to do with the recent introduction of the HST combining federal and provincial sales taxes in Ontario and Quebec, which increased the number of services subject to higher combined tax rates.

But Hamel said Canadians should be wary of cheating the tax man. If caught, they are liable not just for the tax, but also penalties that can double the amount owing. The government also has the option of prosecuting tax cheats.

The online survey of adult 1,500 Canadians was conducted by Leger Marketing over three days between July 30 and Aug. 1.

THE CANADIAN PRESS

Underground economy

Statistics Canada estimated the underground economy amounted to about $36 billion in 2008.

- The agency said underground activities were most prevalent in the construction industry, retail trade and accommodation and food services.
- The good news is that as a percentage of the economy, the agency said evidence suggests underground activities declined from 2.7 per cent of gross domestic product in 1992 to 2.2 per cent in 2008.

Swiped! Groupon launches card-reader attachment

Groupon launched a new payment service Wednesday that allows businesses to run credit cards using an iPhone or iPod Touch, thus becoming the latest company to seek a portion of that growing market. It will go up against EBay Inc.'s PayPal unit and Twitter co-founder Jack Dorsey's Square, which also allow merchants to swipe credit cards on their phones using a small card-reader attachment. GROUPON

AN UNTAPPED MARKET: SONG SEQUELS

HE SAYS...
John Mazerolle
metronews.ca

If you're looking to make it big in the music industry, I've got just the solution.

Hard work? Talent? Originality? Excuse me while I take a drink so I can spit it out in a comedic fashion.

No, my idea will work precisely because it is so lazy and unoriginal: Sequels. We need to write song sequels.

Think about it. What industry, like music, has less to do with skill and more to do with giving the mouth-breathers what they want? The movie industry, of course.

And there's no more sure a bet at the movies than a sequel. Of the top-10 grossing movies so far this year, eight were sequels, reboots or adaptations.

If the movie industry can have a huge hit with Ice Age 4, just imagine what the music industry can do with future hits like Mr. Tambourine Man 2: Electric Boogaloo. Here are a few ideas to get you started.

Song ideas 2: Seems to me I've heard this song before ...

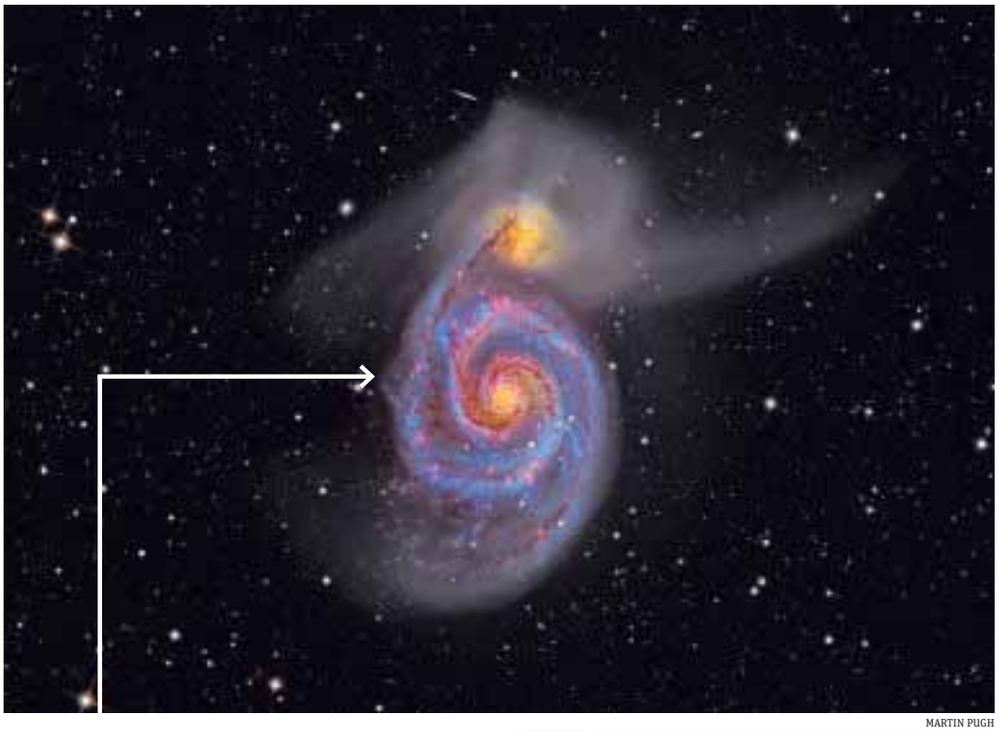
- Call Me Maybe 2: Call Me Maybe-er: In this romantic romp, a mysterious stranger gives Carly Rae Jepsen HIS number. Will she stay with Mr. Ripped Jeans, or run off with the "new guy/who makes me feel so high?" Maybe both!
- In the Year 2526: Man is still alive … but for how long?
- Psycho Killer Episode I: The Phantom Menace: In this much anticipated prequel, we learn that the psycho killer was once a young whiny teenager who had infinite potential but was portrayed by a terrible actor. The bridge is something about a tax dispute.
- Rock and Roll Part 2, Part 2: Same as Part I, except the "Hey!" is spoken solemnly by Morgan Freeman, for a touch of gravitas.
- The Boxer 2: The Whores on Seventh Avenue: You think you know the full story, but you don't. Listen to the story of a boxer and fighter by trade, from the vantage point of the Pretty Woman who loves him! But will she "lie lie lie" to get him?
- 100 Problems: Jay-Z has no problems with his girl, but he wasn't counting on … a new baby! Feel bad for his daughter.
- Johnny Be Even Better!: Johnny is now a man and the leader of a big old band. But as people come from miles around, the theatre is slated for demolition. Can Johnny play his way out of this one?
- American Pie Crossover: Hot Cross Buns!: Don McLean sings about making love to an apple pie and grabbing the hot buns of Lady Liberty. The lyrics are cryptic, but you know what he's singin' about! (Wink!)
- Escape From The Bridge Over Troubled Water: The emotional tsunami of the original is replaced by a real tsunami. And, in the shocking climax, either Simon or Garfunkel will die (not Simon).

And there you go. If you use any of my ideas, I will be deeply honoured and flattered. Also, I will be suing for $10 million for theft of intellectual property and loss of livelihood.

So get writing!

A strategic career song for Jay-Z: 100 problems, and a baby is one.
GETTY IMAGES

The deep space whirl



MARTIN PUGH

Astrophotography

Stunning star snap taken by amateur

Australia-based Martin Pugh has been named the Royal Observatory's Astronomy Photographer of the Year.

Pugh's image of the Whirlpool Galaxy (also known as M51), which also won the Deep Space category, was taken using a 43-centimetre diameter PlaneWave telescope at an observatory in California's Sierra Nevada Mountains. METRO

Galaxy in numbers

37,000,000

light years is how far the Whirlpool Galaxy is from Earth. Pugh acquired his winning photo following a total exposure time of 28 hours.

Q & A

Better than Hubble

Marek, you were one of the competition's judges. What's so special about this image?

The technical skill in capturing the detail, the image's beautifully framed composition, and the sense of the infinite universe. The photographer has made the most of exceptionally good atmospheric conditions to capture an astonishing range of detail in his image of this iconic galaxy: The beautiful spiral structure, dark lanes of dust, and the way the pink clouds of hydrogen really stand out. Here, you can see the small companion galaxy being gradually torn apart by the gravity of its giant neighbour. It's a remarkable achievement by an amateur astronomer. In many ways, it's better than an image by the Hubble Telescope.

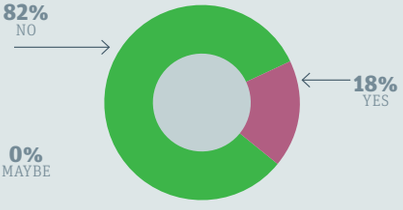
This image is perhaps not the most eye-catching, but because of the amount of fine detail, it's a winner.

MAREK KUKULA
Royal Observatory Public Astronomer

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Will you be lining up for the iPhone5?



Twitter

@amylysak: This ring road construction is one big pain in the ass #yqr #suckitcityofregina

@SarahDoucette: Almost done work, that can only mean one thing.... Having to face Carmageddon #yqr

@DCFraser: If all this revitalization business goes through, then the property value on my apartment should be going waaaaaay up. Too bad I rent. #yqr

@nickfave: So the conceptual design for the new stadium is pretty much a giant UFO? Uhh #YQR

@PamelaSteedman: Hey bike riders in #yqr .... You are not bigger than my car #watchout#womandriver#roadkill

metro

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SCENE 2

Belle Plaine along with many others will take to the stages next week throughout Regina as a part of the 10th annual Western Canadian Music Awards and BreakOut West Festival. CHRIS GRAHAM/SUPPLIED

Regina plays host to Western Canadian Music Awards

Return to the Queen City. People flying in from all over the world to participate in the BreakOut West Festival

BACKSTAGE PASS
Rob Brown
rob.brown@metronews.ca

Regina will be the hub for live western Canadian music next week — again.

The Queen City plays host to the BreakOut West Festival Sept. 27 to 29, in conjunction with the 2012 Western Canadian Music Awards.

Rick Fenton, executive director at BreakOut West, said returning to the Queen City as a host town celebrates a decade of the awards and commemorates the first Western Canadian Music Awards held in Regina in 2003.

"We are returning to Regina, where it really all began. The event really started in Regina before there were the Western Canadian Music Awards, when the week was known as the Prairie Music Week," he said.

The 10th annual awards will be handed out at the Casino Regina on Sunday, Sept. 30.

The awards celebrate the work of western Canadian recording artists, regardless of musical genre. For the BreakOut Festival, performers have been chosen from throughout Western Canada, and get the chance to perform at a pair of Regina venues in front of national and international industry representatives.

Fenton said BreakOut West staff are ready for Regina. While a majority of Fenton's team will come from Winnipeg, he said most are travelling much farther for BreakOut West.

"People are flying in from all over the world to Regina, acts, fans and music industry reps."

He said the decision to host the awards this year in Regina was a no-brainer.

"The clubs are strong and great live music venues," said Fenton.

Kick-off concerts go both on the afternoon and evening of Sept. 27 at City Square Plaza in Victoria Park. For more information, and full performer and venue schedules, visit breakoutwest.ca.

This weekend: CCR legend

John Fogerty, former member of Creedence Clearwater Revival, will be in Regina this Friday at the Brandt Centre. Tickets are available at ticketmaster.ca.

On the web

Qriket

R. Kelly makes Soul Train history as most nominated act ever, Usher leads with 5 nods

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Shocker: Lohan arrested again

THE WORD
Dorothy Robinson
scene@metronews.ca

Lindsay Lohan was arrested again — I could type that phrase with my eyes closed at this point — in New York City on Monday night.

Lohan was at the wheel when her Porsche pulled up to the Dream Hotel in the Meatpacking District around 12:30 a.m., hitting an unidentified man in the knee.

Reportedly "unaware" of the accident, Lohan and her crew went into the hotel before authorities could arrive.

She was arrested upon leaving about a half-hour later and released without bail since the charge is only a misdemeanor.

The man checked into a nearby hospital, but there were no visible injuries, according to sources.

Per TMZ, Lohan is saying the accident is "really fishy" because the man didn't appear to have any visible injuries and feels she's the victim of a set up.

And surveillance video supports that — it apparently shows her accuser was exaggerating.

Conspiracy or no, this brings up a few questions:

1. Why is Lindsay Lohan driving in New York City?

If I can afford to take a cab, she can afford to take a cab.

2. How much is her car insurance? It must be more than my take-home salary at this point.

3. Who is her current lawyer? He's the hardest working man in show business (besides Kirstie Alley's tailor) and yet no one knows his name.

Angelina Jolie and Brad Pitt. ALL PHOTOS GETTY IMAGES

Angelina Jolie makes her brother a maid of honour

While the date of Angelina Jolie and Brad Pitt's wedding may still be a mystery, some of the other details are coming together — like who will be by the bride's side through the ceremony.

Jolie has reportedly enlisted her brother, James Haven, to serve as her maid of honour — of sorts — for the big day, according to Heat.

"James was thrilled to accept his little sister's offer. Angie has always related to men better than women," the source says. "As well as growing up with James, she bonded more with the jocks than the cheerleaders."

Gwyneth Paltrow.

Paltrow lets her kids only watch cartoons in foreign languages

Gwyneth Paltrow isn't above letting her two children — 8-year-old daughter Apple and 6-year-old son Moses, watch a little TV, but she has some conditions.

"I only let them watch TV in French of Spanish," Paltrow tells InStyle magazine. "When I'm in France, I go to (Boulevard) Beaumarchais and buy all their cartoons."

Madonna continues to offer awkward apologies

It looks like Madonna is looking to bury the hatchet with Lady Gaga like she did with Elton John, dedicating her song Masterpiece to the younger singer at a recent concert in Atlantic City, according to Us Weekly.

"You want to know something? I love her," Madonna told the crowd. "I do love her. Imitation is the highest form of flattery."

She even teased an impending team-up.

Madonna.

Twitter

@ElizabethBanks
Catching up with news and my take-away is this: Kate Middleton is even more flawless than previously assumed. #RoyalAbs

@ZooeyDexchanel
I just want to wear sweaters and coats but the universe isn't playing along.

@EllenPage
Dear America, I've a very important question. Why are chickpeas called garbanzo beans here? Thanks

@SarahKSilverman
A bull in pretty much any shop is gonna be a mess

"Do you know who I am?" Apparently not, Sofia

Sofia Vergara didn't have as nice of a night out in Hollywood recently as she'd been expecting. The Modern Family star hit the Parlor to meet up with a group of friends but was denied access as the bar was at capacity, according to Hollyscoop.

According to onlookers, Vergara blew up at the bouncer, shouting, "Do you know who I am?"

A friend who was already inside came out to see what was going on and joined in yelling at the bouncer before Vergara stormed off. She later took a moment to blast the venue on Twitter, posting that it is the "worst sports bar in LA!"

Sofia Vergara

Who are you running for?®

Canadian Breast Cancer Foundation
CIBC Run for the Cure†

Sunday, September 30, 2012
Participate. Donate. Volunteer.
cbcf.org

Canadian Breast Cancer Foundation

CIBC FOR WHAT MATTERS.

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LIFE 3

London calling!

From neutrals to bold colours, from the masculine to the feminine, from the '50s to the future and back again: London Fashion Week's lady is one of contrasts and undeniable cool.

RICHARD PECKETT
life@metronews.ca

Vivienne Westwood

Vivienne Westwood's show consisted of '50s-inspired lady-like pieces: cocktail dresses, jacquard skirt-suits, fitted frocks and flared skirts, headscarves and twin-sets with painted faces in yellow, green, pink and blue make-up. Seemingly pared-down for Westwood but then there was a live performance by Rooster with singer Sara Stockbridge to ramp up the anti-establishment punk vibe.

Paul Smith

Of course, Paul Smith, best known for his classic tailoring, couldn't go so far as to omit his signature pieces from his latest outing — but he did introduce a few fresh ideas. Color-blocking ran through the collection from airy, pleated skirts slit high to mid-thigh, billowing-dresses and shirts, to pajama-esque pants. New ideas aside, it was the high-waisted, mannish-style cropped trousers that proved to be the biggest success, while the striped stirrup pants and tightly cut jackets read a touch awkward.

Issa

Designer Daniella Helayel was obviously feeling hot, hot, hot on the run-up to her latest outing. Vibrant, popping colours (hot pink, orange, reds and yellows) welcomed the dawn of a '70s tropical Garden of Eden, complete with orchid-styled hairdos. Billowing caftans, tiered full-length smocks, kimonos and maxi cuts all made their way down the runway. That said, it was the halterneck jumpsuits that were the racier and more daring standouts in this collection.

Sass & Bide

Sass & Bide's Sarah-Jane Clarke and Heidi Middleton toyed with the idea of masculinity and femininity. That trope surfaced as white and black, silk versus embellishment and the reinterpretation of the tuxedo. Dresses came with structured origami pleats, sometimes edged with embellishment or featuring the camellia flower — a symbol of perfection. There were shots of hot colour too, with the introduction of fluoro orange shells and silver paillettes,

Nicole Farhi

Nicole Farhi bid farewell (kind of) to her label with a perfectly sculpted and cerebral collection. Next season sees the inception of Joanna Sykes at the creative helm, although Farhi will still be involved with the label in some capacity. The 66-year-old was inspired by the way in Carrara, Italy, changing light levels cast shadows across the marble mountains there. Her passion for artisan sculpture, fabrics and silhouettes was clear from the complex pleats that represented the shadows on her neutral colour collection.

On the web

Kate Moss, Lana Del Rey at British brand Mulberry's '70s-inspired fashion show

Little ones in leather

Baby bomber. Rudsak Kids collection set to be made available in stores and online by the end of September

After years of crafting apparel and accessories for adults, Rudsak is targeting the younger crowd with the launch of its latest line.

The homegrown leather goods brand is creating smaller-sized versions of its Canadian outerwear collection specifically for children.

The kids' jackets will feature similar style elements to the label's fall-winter line for adults, a range first unveiled on the runway earlier this year.

The children's collection will launch three styles: two named Lola and Lili designed for girls, with a third, Lulu, which will be unisex.

Styles set to be featured include oversized fur-trimmed hoods, a down-filled pongee coat, a puffer jacket with lamb leather sleeves and a bomber-style puffer jacket with leather sleeves retailing for $295.

Rudsak founder and creative leader Evik Asatoorian said the kids' line was the "next obvious step" for the brand, which launched in 1994, and he pointed to his own two boys as inspiration.

THE CANADIAN PRESS

Click your way to cool

Canadian label Moon launches e-commerce site

Canadian fashion label Moon has made a fresh landing online.

After a two-year exclusive collaboration with the Bay, the affordable homegrown brand has dedicated virtual boutique to showcase and sell apparel and accessories. The e-commerce site moonapparel.ca opened for business Sept. 15.

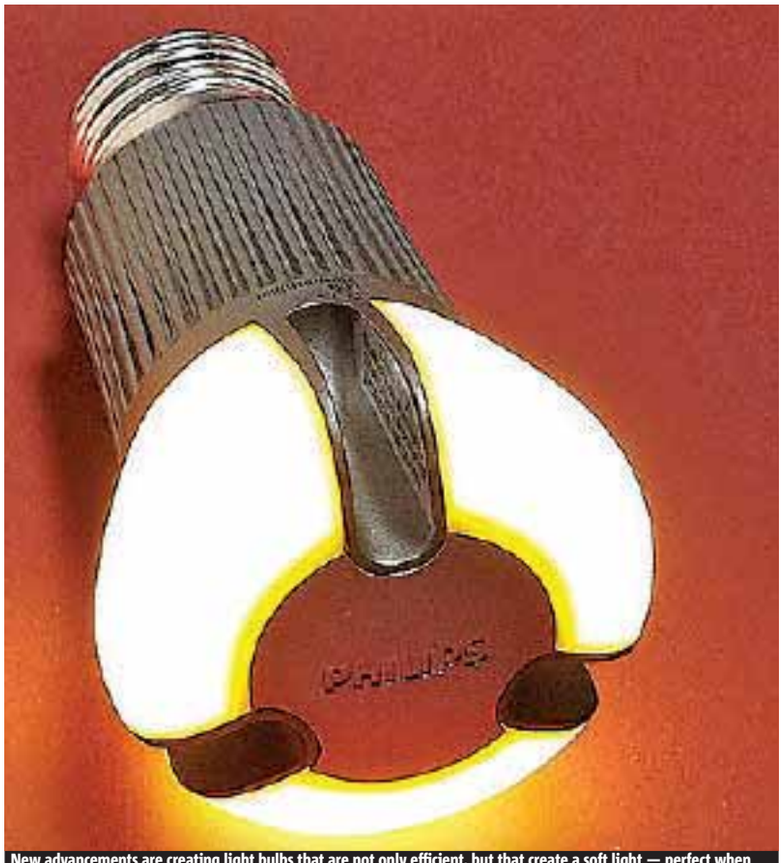
Moon's fall-winter collection for women features a colour palette of warm seasonal jewel tones against a backdrop of neutrals, colour blocking fashion and textured knits, while the holiday offerings aim to channel influence from '20s and '30s-era fashions.

The label has ties to Canadian fashion legend Alfred Sung.

Moon was the name of the Toronto boutique opened in the 1970s by the designer, and is also part of Sung's name.

Sung is a business partner and chief designer at Mimran Group Inc.

THE CANADIAN PRESS



New advancements are creating light bulbs that are not only efficient, but that create a soft light — perfect when decorating a room. ISTOCK IMAGES

Lighting: A decorator's best friend

Design Centre. It's time to warm up to the new LED light bulbs

DESIGN CENTRE
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home@metronews.ca

Every great decorator will tell you that lighting is one of the most important elements to having a beautiful room.

Without a true soft light, the finest furnishings and fabrics can look all wrong.

The past few years have been difficult for decorating enthusiasts as more and more provinces are regulating to phase out the soft light from the old incandescent bulbs.

British Columbia and Nova Scotia are two provinces leading the way to phase them out and introduce more efficient options. As time goes on, more and more regulations will be put in place to introduce a more efficient, safer bulb to use.

I've always been reluctant to use the new style of LED lighting when decorating as I thought the light would be too harsh, bright and cool in colour.

New advancements are creating bulbs that are not only efficient, but that create a soft light; similar to what we've always been used to.

The Philips Ambient LED Bulbs offer up a soft white light similar to the light you get with the old incandescent bulbs, last more than 20 times longer and use only about 20 per cent of the energy of a regular incandescent bulb.

The new LED bulbs fit the regular socket styles for fixtures and the good news is that it can be dimmed; allowing homeowners to use their existing light fixtures, create a designer look and ambience in a room.

When I heard of this new technology I quickly went out and purchased some of the bulbs.

They were not an inexpensive investment (the new bulbs range from $18-38 each) but considering the energy they will save over time and the fact that I won't have to get back on the ladder to change the bulb for another 20 years made me a very happy decorator.

LED bulbs facts

- LED bulbs can save more than 80 per cent energy.
- An LED bulb lasts over 20 years, outlasting about 20 of the old style bulbs.
- The Philips Ambient LED Bulbs can be dimmed to create many ambient looks in a room.
- You don't need to change your regular socket-style light fixtures to accommodate the new LED bulbs.

Green transportation

Car-sharing? It just makes sense

At what point should I consider car-sharing?
- Stephanie of Vancouver

QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

Zipcar and Car2Go both offer car-sharing programs in Canada. ISTOCK IMAGES

Car-sharing is a suitable transportation option to complement eco-friendlier alternatives like walking, busing and biking.

It's not just a viable choice when assessing your need for a second family vehicle; it can also be a great substitute for owning a car.

Before you research which car-sharing company to join, say goodbye to all of the expenses that come with car ownership, like purchasing, insuring, maintenance, fuel, tolls, and parking — not to mention the unavoidable reality of depreciation.

The benefits of car-sharing include having access to a car when you need it. Many car sharers report a higher satisfaction with their quality of life, and they drive about half the amount car owners do!

Here in Canada, car-sharing is now a whole lot smarter. Toronto and Vancouver have joined the ranks of cities in the U.K., France and Germany in becoming Car2Go friendly.

This fleet is one example that uses Smart Cars and has no set drop-off time or location; that part is up to you!

Even companies can use Car2Go to help eliminate the need for fleet programs and to reduce travel expenses from conventional car rentals or taxis. Find out more about membership and rates at Car2Go.com. You can also look into Modo.coop or Zipcar.com.

Carpooling is great, too. By taking turns with your fellow car-poolers, you'll reduce the wear and tear on your vehicle. You'll burn less gas, pollute less and reduce your vehicle costs by 50 to 75 per cent. Many cities also encourage carpooling with tax breaks, free parking and reserved lanes for high-occupancy vehicles.

Already own a car? Drive green.

In Europe eco-driving is a growing part of driver education. Start with driving the speed limit. It's safer and more efficient. Avoid idling and get rid of excess weight — clean out your trunk. Take the roof-rack off if you don't need it.

There are a variety of car-sharing companies in most major cities. Find out more at carsharing.ca and do your part to reduce urban congestion and lower carbon emissions.

A few theories on tear-free onion cutting

How do I cut an onion so that I don't cry?

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Well there are many different theories out there, and each chef has his or her own, but, first, why do onions make us cry to begin with?

When you cut into an onion, it releases a gas. Once the gas gets to your eyes, it triggers a blinking and tearing effect in order to push the gas out from the eyes. So how do we stop this? Well here are a few ideas.

• I have watched many food prep people in professional kitchens put the onions in the refrigerator. They believe that the cold onion helps slow down the irritation that causes crying.

• Some people say to avoid the gas, chop the onions under running water, but I have never understood how you dice an onion under cold running water.

• Some websites suggest wearing lab goggles, or snorkelling goggles. This might work, but I would sure feel funny dressed like that in my kitchen!

• There are those that suggest a candle near by to burn off the gasses

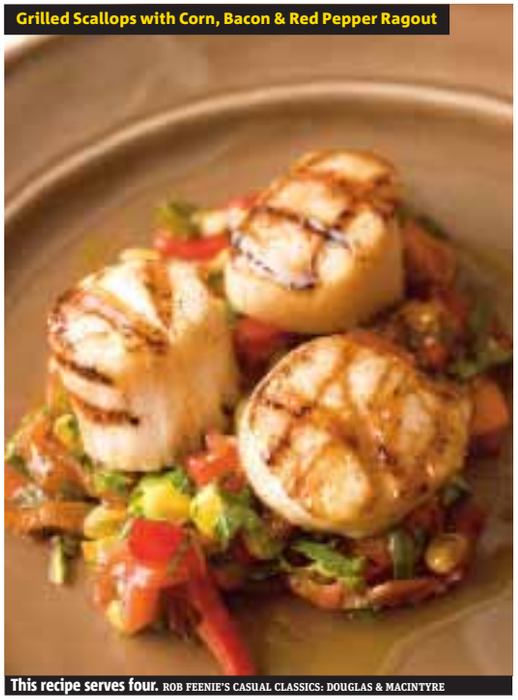
• And finally, me. What does the Butler do? Well, I just like to cry it out!

Signed,
The Teary-eyed Butler

Wouldn't you feel funny dressed like this in the kitchen? ISTOCK IMAGES

Hot, salty ragout complements flavours of scallops, other seafood

Grilled Scallops with Corn, Bacon & Red Pepper Ragout



This recipe serves four. ROB FEENIE'S CASUAL CLASSICS: DOUGLAS & MACINTYRE

Rob Feenie first wowed diners with his innovative tasting menus at the inventive Lumiere restaurant in Vancouver. Today, he creates delicious family-style recipes for Cactus Club restaurants with thousands of people of all ages enjoying his signature dishes.

But before he became Canada's first Iron Chef America champion, Feenie paid his culinary dues with stints at Alsace with Chef Emile Jung at Au Crocodile and Antoine Westermann at Buerehiesel, both Michelin three-star-rated restaurants, in Chicago with Charlie Trotter and in New York with Daniel Boulud and Jean-Georges Vongerichten.

Among the recipes in the chef's book Rob Feenie's Casuals Classics is this scallop dish.

"This dish makes an excellent starter for a meal or a nice lunch when served with a simple green salad," Feenie writes in the book. "I use Qualicum Bay scallops and peaches-and-cream corn, both of which are local products, but you can substitute other varieties of either.

"The hot and salty ragout is an especially good combination with scallops, but it's also delicious with baked halibut or grilled steelhead salmon."

Ingredients

- 1 tbsp soy sauce
- 1 tbsp rice vinegar
- 1 tbsp fresh lemon juice
- 2 slices smoked bacon, in 1/4-inch dice
- 1/2 cup diced red onions
- 1 cup corn kernels, cut off the cob
- 1/2 red bell pepper, in 1/4 inch dice (about 1/2 cup)
- 1 Thai chili, seeded and finely minced
- Juice of 1 lime (about 1 tbsp)
- 1 tbsp unsalted butter
- 12 large scallops (muscles removed from sides if present)
- 1 tsp extra-virgin olive oil
- 1 tbsp finely chopped cilantro

1. In a small bowl, combine soy sauce, rice vinegar and lemon juice. Set aside.

2. Heat a large frying pan on medium. Add the bacon and cook for 2 to 3 minutes, stirring, until crisp. Stir in onions, corn, bell peppers and chili and sauté for 2 minutes, then add lime juice and butter.

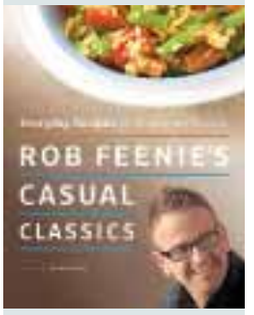
3. Season with salt and pepper, reduce the heat to low and simmer while scallops are cooking. (Or refrigerate the ragout in an airtight container for up to two days.)

4. Preheat a stovetop grill or a barbecue to medium-high. Warm a plate in the oven at 200 F. Pat scallops dry with paper towels and season with salt, pepper and a dash of olive oil. Grill scallops for 2 minutes, turn over and grill for another 1 minute. Transfer to the warm plate.

5. Divide the ragout evenly among 4 plates and top each serving with 3 scallops. Spoon about 2 tsp of the soy dressing over each plate and garnish with cilantro. Serve. **FROM ROB FEENIE'S CASUAL CLASSICS BY ROB FEENIE (DOUGLAS & MACINTYRE)**

Cookbook of the Week

Simple yet special



Rob Feenie, the longtime leader in the casual fine dining movement, reveals his favourite recipes in Rob Feenie's Casual Classics: Everyday Recipes For Family and Friends.

The book brings together the best innovative and approachable meals.

From such fundamental recipes as Roasted Tomato Sauce and Juicy Poached Chicken to globally inspired dishes like Barbecued Duck Spring Rolls, Quinoa Jambalaya and Braised Osso Buco, these are real-life modern classics that are adaptable to budgets, dietary restrictions and busy schedules. **METRO**

Quinoa, Green Bean & Tomato Salad packs protein punch

"One of my favorite grains right now is quinoa," writes Rob Feenie in Rob Feenie's Casual Classics. "It is one of the most complete proteins on the planet and can work well on its own, in a salad or with other proteins.

"The key is to give it flavour, which we have done here with the lemon juice, capers, bell peppers and tomatoes.

"Thoroughly washing the quinoa before cooking it eliminates any bitterness. Use white or red quinoa or a mix of both."

1. Combine quinoa and the 1 1/2 cups water in a medium pot and bring to a simmer on medium heat. Reduce the heat to low, cover and cook until all the liquid is absorbed, 15 to 20 minutes. Set aside.

2. Fill a large bowl with ice water. Bring a large pot of salted water to a boil on high heat, add green beans and cook for 4 to 5 minutes, until barely tender. Remove from the heat and drain green beans in a colander. Place the colander in the ice water to preserve the beans' bright green colour and stop them from cooking further.

3. Using a sharp knife, cut tomatoes in half and gently squeeze out and discard the seeds. (It is not necessary to remove the skins for this recipe.) Cut tomatoes in 1/2-inch dice.

4. In a large bowl, combine quinoa, green beans, tomatoes, bell peppers, capers, green onions and basil. Season with salt, olive oil and lemon juice, and sprinkle with pecans. Keep refrigerated in an airtight container for up to 2 days.

FROM ROB FEENIE'S CASUAL CLASSICS BY ROB FEENIE (DOUGLAS & MACINTYRE)

Ingredients

- 1 cup quinoa, washed well and drained
- 1 1/2 cups water
- 3/4 lb fresh green beans, in 1-inch pieces
- 1/2 lb very ripe Roma tomatoes (3 to 4)
- 2 tbsp capers, rinsed
- 4 green onions, in 1/2-inch slices
- 1/2 cup roughly chopped fresh basil
- 3/4 tsp salt
- 2 tbsp extra-virgin olive oil
- 2 tbsp fresh lemon juice
- 3 tbsp roasted pecans

This recipe serves four to six. ROB FEENIE'S CASUAL CLASSICS: DOUGLAS & MACINTYRE

For those cool days. Easy Cream of Chicken Soup

"This soup makes me think of my early cooking days, around age 18, when I was apprenticing and had to make this dish for an exam," writes Rob Feenie in Rob Feenie's Casual Classics. "It also reminds me of a soup my mom made with turkey around Christmastime.

"This easy soup has now become a staple in my own family; we make it from the basic poached chicken recipe (page 108 of Rob Feenie's Casual Classics for this recipe) on cool, rainy days when we need some soul-comforting food."

Garlic Croutons

1. Preheat oven to 325 F. Place bread cubes in a medium bowl.

2. In pot, heat olive oil on medium-low, add garlic and stir constantly, for 1 to 2 minutes.

3. Pour garlic oil over bread, toss lightly and mix in Parmesan. Add black pepper and salt. Arrange bread cubes on a baking sheet and bake for 10 minutes, or until golden brown. Remove from oven; set aside.

Chicken Soup

1. In bowl, combine butter and flour to form a smooth paste. Set aside.

2. In a large pot, bring chicken stock to a boil on medium-high heat. Reduce the heat to a simmer and stir in whipping cream (or milk). Whisk in the butter-flour mixture, then cook, stirring often, for at least 10 minutes, until flour is cooked and soup has thickened slightly. Add chicken and heat through. Season with salt to taste.

3. Ladle soup into bowls, top with croutons and sprinkle with Cheddar, and serve. Refrigerate leftover soup in an airtight container for up to 3 days or freeze it for up to 1 month.

FROM ROB FEENIE'S CASUAL CLASSICS BY ROB FEENIE (DOUGLAS & MACINTYRE)

Ingredients

Garlic Croutons

- 1/2 baguette, in 3/4 inch cubes
- 1 tbsp extra-virgin olive oil
- 1 tsp chopped garlic
- 1/3 cup freshly grated Parmesan cheese
- 1/2 tsp cracked black pepper
- Pinch of Maldon salt

Chicken Soup

- 2 tbsp butter, softened
- 2 tbsp all-purpose- flour
- 8 cups chicken stock
- 1 cup whipping cream or whole milk
- 1 1/2 cups shredded poached chicken (page 108 of Rob Feenie's Casual Classics for recipe)
- 1/2 cup grated aged white Cheddar cheese

CFL

Chamblin says Durant should be back vs. Stamps

The Riders began their preparation for the Calgary Stampeders yesterday at Mosaic Stadium.

Darian Durant was still not practising at full speed, but coach Corey Chamblin was optimistic the quarterback would recover soon.

"I don't want to put a percentage on it, but I am very confident that he will play this week," said Chamblin.

Coach Chamblin also promised fans that Stamps running back Jon Cornish wouldn't be as free to run the ball on Sunday as he was in the teams' last matchup.

"I am going to put a guarantee in the paper and say John Cornish better not get over a hundred yards rushing, if he does someone wont be on that field come next week."

The Roughriders kick off against Calgary at 2 p.m. on Sunday at Mosaic Stadium.

JEFF MACKEY/METRO

Riders coach Corey Chamblin expects Darian Durant to start this week. THE CANADIAN PRESS FILE

Discipline

OHL adds further fight deterrent

The Ontario Hockey League is getting tough with serial fighters.

Saying the goal is to rid the league of "one-dimensional players," commissioner David Branch said those who are involved in more than 10 fights this season will be suspended for two games each time.

After a 16th fight, the player will be hit with a two-game suspension and his team fined $1,000 for each additional fighting major he receives.

"We see this as part of the evolution of addressing needless fighting in our game," Branch said in a conference call on the eve of the Thursday's OHL openers. TORSTAR NEWS SERVICE

Saskatoon Blades forward Josh Nicholls tries a wraparound on Regina Pats netminder Matt Hewitt during a game at Credit Union Centre last October.
STEVE HISCOCK/CONTRIBUTED

WHL ready to fill NHL lockout void

Starting again. Blades alone enjoyed 30 per cent attendance increase during 2004-05 work stoppage

With no NHL hockey, at least for now, the Western Hockey League could be heading for a brisk year at the box office.

It's already flexing on-ice muscle with the major impact its players are having on Canada's junior teams and in the NHL draft.

"Obviously, we all hope the NHL is back playing as quickly as possible, it's important for the game," said WHL commissioner Ron Robison.

"Right now, we don't see a real significant impact to start the season but, should this be an extended lockout, then perhaps as the season progresses we'll see more coverage and more attendance."

In the last full-season lockout in 2004-05, the Saskatoon Blades say they saw an increase of as much as 30 per cent in attendance. That would be especially welcome for some smaller cash-strapped franchises.

Just like the NHL, the WHL has issues with some of its smaller markets, admits Robison, but he believes the model is working for the most part.

"We always have the challenge of the smaller markets competing with larger markets in our league and ensuring that we have a business model we can live with," he said.

The regular 2012-13 WHL season starts Thursday, with the Kootenay Ice visiting the Edmonton Oil Kings.

Still loaded with future NHL talent (eight draft picks), last year's WHL champion Oil Kings look like the team to beat again this season for the Ed Chynoweth Cup.

But coach Derek Laxdal isn't looking that far ahead.

"We've got five or six new players on our lineup this year and, like any team, you're going to pick up injuries and you've got to go through the course of the season, so your journey's going to be a lot different than it was last year," he said.

He's still pretty happy with what he sees coming out of the pre-season.

"We feel that where we are right now, at this part of the season, we're stronger than we were last year."

THE CANADIAN PRESS

Quoted

"Given our success in other NHL centres in Western Canada ... should we have relocation in the future, Winnipeg would be a top priority."

WHL commissioner Ron Robison.
While it has no plans to expand, the WHL still has markets like Winnipeg and Nanaimo, B.C., on its radar if it has to relocate franchises.

Memorial Cup hosts

Blades open season with Cup in mind

The Saskatoon Blades play the Raiders in Prince Albert on Friday in one of eight games that night as the season gets rolling in earnest.

"We made a trade earlier in the summer, bringing in three experienced players in Shane McColgan (and) Jesse Astles from Kelowna and Brenden Walker from Brandon," said Blades coach and GM Lorne Molleken.

"With the addition of McColgan and Walker — their point total last year was in the 160-point range combined — we're adding that number to our roster this year.

"We're hoping that our younger players will take the step that's needed and make this team very competitive and a team that has a chance to win the WHL championship, in preparation for the Memorial Cup."

THE CANADIAN PRESS

4 SPORTS

Mobile sports

Qriket

The road to the 2013 World Baseball Classic starts this week and it will be anything but easy for Canada. A 16-team qualifying round for the event begins with the top squad from each four-team pool locking up a spot in next year's Classic.

Winnipeg Jets' Andrew Ladd, left, and New York Islanders' Travis Hamonic battle for the puck during an informal practice Wednesday in Winnipeg. JOHN WOODS/THE CANADIAN PRESS

NHL lockout reverberates across the hockey world

NHL. More players head east as league plans staff pay cuts

The NHL lockout is only a few days old but its effects are already being felt around the league.

With a number of big-name players heading for Europe, NHL employees were informed Wednesday that their salaries are scheduled to be cut 20 per cent across the board. That will come into effect on Oct. 1, when full-time staff are reduced to a four-day work week.

The news was delivered by commissioner Gary Bettman during a Wednesday morning staff meeting, according to league spokesman Gary Meagher.

The NHL also announced the cancellation of pre-season games through Sept. 30, as well as the postponement of the Kraft Hockeyville pre-season game scheduled for Oct. 3 in Belleville, Ont., to the 2013-14 season.

Unlike in September 2004, when more than 50 per cent of NHL employees were laid off just days into the lockout, the league is trying to avoid cutting staff. Deputy commissioner Bill Daly told The Canadian Press over the weekend that there were no immediate plans for layoffs, although multiple sources who attended Wednesday's meeting said employees were warned that further cuts could be coming.

A number of teams, including the Ottawa Senators and Florida Panthers, announced layoffs earlier this week.

As the lockout moved into its fourth day, there were still no formal bargaining sessions scheduled between the league and NHLPA. The sides last sat down together on Sept. 12.

THE CANADIAN PRESS

Quoted

"It doesn't look positive. It could be a season-long break."

Rick Nash, to newspaper Sudostschweiz upon arrival in Switzerland to play with HC Davos.

Heading east

On Wednesday, Jason Spezza signed a deal with Rapperswil-Jona in Switzerland, Anze Kopitar agreed to join brother Gasper with Mora in Sweden and Russian stars Alex Ovechkin (Moscow Dynamo) and Pavel Datsyuk (CSKA Moscow) returned home to play in the KHL.

NFL

Twitter threats not getting to Morgan

Washington Redskins receiver Joshua Morgan felt the full downside of the social media age this week, receiving death threats and other venomous messages on Twitter because of his fourth-quarter blunder in a loss to the St. Louis Rams.

"I heard everything, especially when they get you on Twitter and are sending you death threats and wishing you bad things and your firstborn," Morgan said. "You never let it get to you, especially with me being from D.C."

Morgan received a penalty for throwing the ball at Cortland Finnegan, costing the Redskins field position during the team's final drive in Sunday's 31-28 loss. THE ASSOCIATED PRESS

NFL

Manning returns to practice after 1st loss with Broncos

If Peyton Manning is sore, he's not saying. If his confidence is waning, he'd be the last to let anyone know.

Back practising following his first loss as a Denver Bronco, Manning wouldn't offer much Wednesday when asked if the hits he took against Atlanta had any lasting impact.

"I've never really answered that question before. So, I'm full participation in practice," Manning said. THE ASSOCIATED PRESS

Broncos quarterback Peyton Manning. THE ASSOCIATED PRESS FILE

Record-setting day for Vizquel at Yankee Stadium

Omar Vizquel hits a double against the Yankees in New York on Wednesday to move ahead of Babe Ruth on the all-time hits list. THE ASSOCIATED PRESS

There was a chocolate bar sitting on the top shelf of Omar Vizquel's locker just after the Jays 4-2 loss at Yankee Stadium Wednesday afternoon.

Not just any chocolate bar; it was a Baby Ruth.

Vizquel, and the growing number of reporters descending on his locker, knew the connection immediately. Vizquel had just tied, and surpassed, Babe Ruth on baseball's all time hits list.

"Somebody put it there, I don't know who," a beaming Vizquel said as he drove out two hits to reach 2,874 in his career, and pass the Babe into sole possession of 41st all time.

Vizquel's amazing feat brought some levity to the Jays locker room, and franchise for that matter, after the Yunel Escobar suspension Tuesday.

Escobar was suspended three games for a homophobic slur he wrote on his eye-black stickers over the weekend. He is not allowed to be with the team at the ballpark during his ban.

The Jays lost for the fifth time in their last seven games, and couldn't quite manage enough run support for a very good Henderson Alvarez, so a dose of good news was welcome to say the least.

Vizquel, at 45, and with a career that spans three decades in the major leagues, slapped a single off Andy Pettitte in the fourth to tie Ruth, then went past him with a double off David Robertson in the eighth.

"Mentioning my name next to his (Ruth) makes me feel so little. Never in my career, and its been a long one, did I think I'd get to compare my hits to the Babe, it's an amazing feeling," said Vizquel.

TORSTAR NEWS SERVICE

Quoted

"I think when you get enough hits to tie one of the greatest hitters of all time, it's an amazing feeling."

Jays infield Omar Vizquel, who surpassed Babe Ruth on baseball's all-time hits list, reaching 2,874 with two hits on Wednesday.

Horoscopes

♈ Aries
March 21 - April 20
The Sun's entry into your opposite sign of Libra on Saturday will bring partnership problems to the forefront and this time you must not run away from them. Power struggles are likely but you were born a winner — so win.

♉ Taurus
April 21 - May 21
Travel plans and social activities will be disrupted over the next 24 hours, and most likely it is you who will be doing the disrupting. It's OK to have second thoughts. It's OK to change your mind.

♊ Gemini
May 22 - June 21
One of the best times of the year begins this weekend when the Sun moves into the area of your chart that governs romance and creativity. Today, do only what feels right to you. It's OK to be selfish.

♋ Cancer
June 22 - July 23
There is a danger today that you will come on too strong and provoke some kind of backlash. Maybe that is the price you have to pay for being honest about what you believe. The truth must not be denied.

♌ Leo
July 24 - Aug. 23
If you are wasting your money on things you don't need, there is still time to cut them out of your life, but you have got to be quick. Very soon, the matter will be taken out of your hands. Act now.

♍ Virgo
Aug. 24 - Sept. 23
Although the Sun leaves your sign this weekend, that's not an invitation to slow down. Other influences indicate that your momentum will keep you going at breakneck speed for some time to come. Enjoy.

♎ Libra
Sept. 24 - Oct. 23
The Sun is moving closer to your birth sign and already you can feel the positive effects. For best results though you should focus your aim and concentrate on those two or three things that mean the most to you.

♏ Scorpio
Oct. 24 - Nov. 22
Today's cosmic picture warns in no uncertain terms that if you lose your temper, for even a moment, it will be you who loses out in the long-term. Take nothing too seriously and find ways to relax.

♐ Sagittarius
Nov. 23 - Dec. 21
One of the best times of the year for friendships begins very soon, so strive to be open to everyone you meet. This is also a good time to get more personally involved in some kind of social movement.

♑ Capricorn
Dec. 22 - Jan. 20
You have accomplished a lot and have a right to feel pleased with yourself but don't take it easy because there is still more to be done. You were born to be a winner, so get out there and compete.

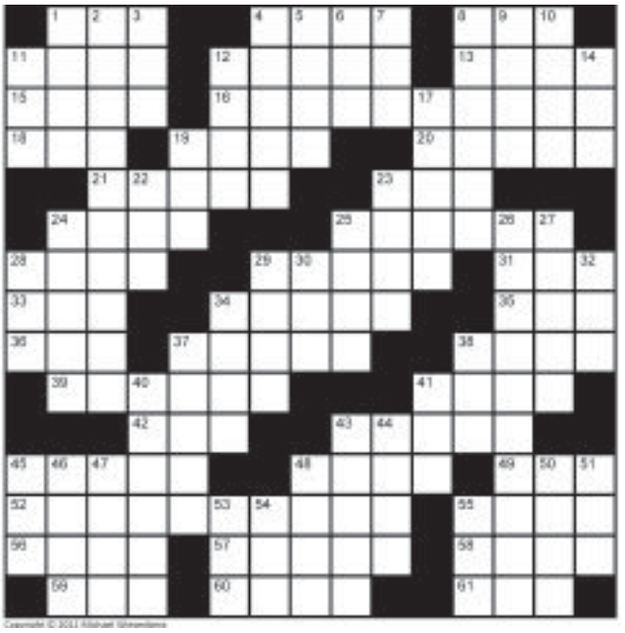
♒ Aquarius
Jan. 21 - Feb. 19
You may be tempted to do something out of the ordinary today but if you are smart, you will wait for the Sun to move in your favour during the weekend. Good times are coming sooner than you think.

♓ Pisces
Feb. 20 - March 20
What seems so confusing now will seem simple a few days. However, today's influences will bring out your passion for something, or someone, to a degree that could cause problems, so think before you act.

SALLY BROMPTON

Crossword: A Cold Measure and a Hot Band

BY MICHAEL WIESENBERG



Across
1. Island: Fr.
4. Certain hockey shot
8. Affectionate touch
11. Campus Greek house, briefly
12. Circle, square, or triangle, e.g.
13. "Are you ___ out?": query to a hesitant poker player (2 wds.)
15. Acorn-dropping trees
16. Snowfall measure
18. "This is dedicated to the ___ I love"
19. Commanded, old-style
20. Sandwich cookies
21. They play their home games at BC Place Stadium in downtown Vancouver
23. Cowardly person
24. Fly by oneself
25. Surprisingly [or not more (than)] (2 wds.)
28. Greek crosses
29. Elliott of *Ocean's 11, 12, 13*
31. Bill's "excellent adventure" partner
33. "___ Could Turn Back Time": 1989 Cher hit (2 wds.)
34. 1,000 kg
35. Small battery
36. "___ amis": start of a French speech
37. Dummies or spinning toys
38. TV award
39. Saskatchewan capital
41. Salesmen, for short
42. Bruce of karate fame
43. ___ Leaf
45. Sales talk
48. ___ Pilot: PDA
49. Father
52. Montréal-based 2011 Juno Album of the Year winning group (2 wds)
55. Cold cut cutting locale
56. MTV viewer
57. Where to bowl
58. One of the Great Lakes
59. '01, '02, etc.: abbr.
60. "Beware the ___ of March": Julius Caesar
61. Winter time in Manitoba: initialism

Down
1. Persia, now
2. Banff National Park's best known tourist destination (2 wds.)
3. Some Spielberg visitors
4. Moults
5. Reporter Lois of the *Daily Planet*
6. Likely
7. Maritime Province: initialism
8. PM Trudeau
9. Early poker pot maker
10. Matador's opponent
11. Egg ___ young
12. Photocopy
14. Legal matter
17. Back-of-the-fridge problem
19. Ghostly greeting
22. They: Fr.
23. "Merry old" king of rhyme
24. Toronto-born *60 Minutes* regular Morley
25. *Sister Act* extras
26. Calgary team
27. Britches stitches
28. ___ Horton's
29. "The Naked Maja" painter
30. Yoko ___ Lennon
32. 24 hours
34. Vocal sound
37. Give up
38. Serpentine seafood
40. Gathers bit by bit
41. Engine speed
43. Female horses
44. Bar servings
45. Posed
46. Carnivore's quarry
47. "Happy birthday" writer or NHL player at times
48. Scent for a car freshener
50. Got off
51. Expire
53. He's coming in a Three Dog Night song
54. Pet rocks, once
55. Xmas mo.

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

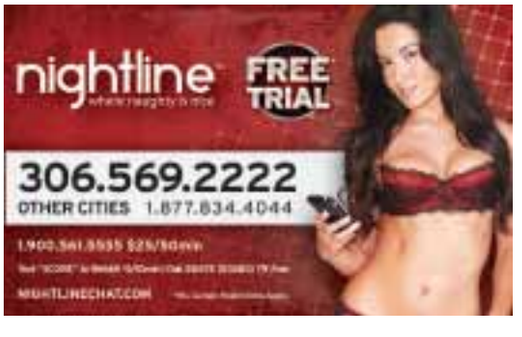
1			2		8			
8	2						7	4
	5			1		2		
	3		4	8				6
		4				3		
5				3	9		2	
		3		9			4	
9	6						1	7
			1		7			9

Yesterday's Sudoku

9	1	6	4	3	7	2	8	5
3	4	8	2	5	6	7	9	1
2	7	5	8	9	1	4	6	3
8	6	3	5	4	2	1	7	9
7	9	1	3	6	8	5	2	4
4	5	2	1	7	9	8	3	6
6	2	4	9	8	5	3	1	7
1	3	7	6	2	4	9	5	8
5	8	9	7	1	3	6	4	2

Sharability

easy — hard



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